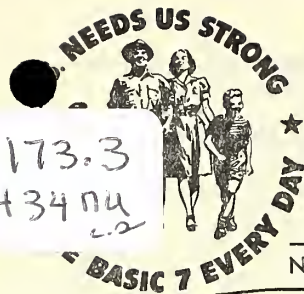


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



NUTRITION

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

U. S. DEPARTMENT OF AGRICULTURE

News Letter

NUMBER 65

WASHINGTON, D. C.

DECEMBER 1947

THE FOOD CONSERVATION PROGRAM

The Citizens Food Committee book entitled "The Citizens Food Committee Program," was sent you recently, together with a press release declaring a "moratorium" on poultryless Thursdays. The book outlines the reasons for, and the objectives of, the current campaign of food saving. Sets of the information kit sent to mayors were also sent to chairmen of State committees in October. As additional material is issued, copies will be sent you.

The Committee's staff is small and consists mostly of specialists on loan from other organizations or of volunteers. It depends heavily on the facilities of existing Government agencies.

Early in the program many nutrition committees offered their services to their mayors and governors, and a number of members of nutrition committees are now serving on citizens food committees in their areas.

As soon as the creation of the Citizens Food Committee was announced, the Interdepartmental Nutrition Planning Committee here wrote Mr. Luckman, offering its aid to the program and transmitting a list of chairmen of State nutrition committees. Mr. Luckman replied that "any suggestions you may have based on your years of experience in this field will be most important to the success of this drive and will be warmly received." He also asked Katharine Fisher, whom many of you know as director of Good Housekeeping Institute and who is now heading up the Consumer Service Section of the Citizens Food Committee staff, to keep in touch with the Nutrition Planning Committee and through it with State nutrition committees.

Miss Fisher's job is to show homemakers how they can cooperate with the food conservation program and at the same time feed their families for health and happiness. She has, to assist her, home economists who are working on homemakers' problems and an advisory committee representing specialists in large group feeding and in information work. They

receive suggestions for menus, recipes, marketing tips, and food-saving helps from home economists and nutritionists from all over the country, while PMA provides weekly lists of foods in acceptable supply. This material is assembled into releases featuring a "Peace Plate," which consists of a recipe for a main dish and suggestions for side dishes. These releases are checked by food specialists in BHNHE before they are sent to radio stations, newspapers, and PMA area offices.

The Citizens Food Committee was much interested in the suggestions contained in the letters from chairmen of State nutrition committees which were received in response to our letter to them of September 29. In talking with the Nutrition Planning Committee later, Miss Fisher stressed the great need for cooperation of nutrition committees and emphasized that releases from the Citizens Food Committee should be supplemented by local nutritionists so that the material would be most useful and adapted to local food habits and food supplies.

SCHOOL OF NUTRITION DEDICATED AT CORNELL

Savage Hall, the new home of the Cornell School of Nutrition in Ithaca, N. Y., was dedicated October 10. This building is the product of a unique three-way partnership—farmers of the Northeast financed the building, the University provided the site, and the State of New York equipped the offices and laboratory. The staff is supported jointly by the University and the State.

This building has a fully equipped research laboratory, special facilities, student laboratories, lecture rooms, and a conference room set aside for the use of the New York State Conference Board of Farm Organizations. It is named after Prof. Elmer Seth Savage, an early leader in nutrition studies and a member of the faculty at Cornell for 35 years.

The School of Nutrition, the first of its kind, was founded in 1941 to cover "the study of nutrition from the soil to the consumer's table and to assess the

results in health and performance." All the facilities of the university, especially in the fields of chemistry, agriculture, engineering, home economics, and medicine, are mobilized toward an integrated study of food supplies and human needs.

Frank K. Smith, chairman of the New York State Conference Board of Farm Organizations, presented the building to Cornell University, and Dr. L. A. Maynard, Director of the School of Nutrition, accepted it.

H. E. Babcock, chairman of the executive committee, Cornell University Board of Trustees, who played a large part in initiating and carrying out this enterprise, paid a tribute to the support given the school by many organizations.

Governor Dewey, in discussing high prices and the urgency of sending grain to Europe, said "We all know that hunger, chaos, and dictatorship go hand in hand while an uneasy peace becomes daily more troubled. In this critical winter we can still do much to win the peace. . . . If we will work intelligently together, we can actually make an advance during the difficult times in the field of better nourishment for every American."

Dr. W. H. Sebrell, Jr., suggested that the school had a threefold obligation—to find the answers to research, education, and economic problems relating to nutrition. He added: "During the war, nutrition committees formed in every State and almost every county enabled volunteers to join with professional nutritionists in a comprehensive program that brought nutrition information to millions of housewives. It has been estimated that 5 out of every 10 housewives learned the importance of the Basic 7 food elements through that program. . . . If we could raise the intake of protective foods in this country to a good level for everybody it would increase the national consumption of milk by 20 percent, butter by 15 percent, and leafy green and yellow vegetables by 100 percent. . . . Nutritionists have a clear responsibility to make these facts better known so that plans now in the making will be geared to meet long-range as well as immediate needs for expanded production. . . ."

Congressman C. R. Hope of Kansas discussed agricultural production and consumption and a long-range policy for agriculture. In closing his talk, Mr. Hope emphasized the growing significance of nutrition and nutrition research as

factors in the production and consumption of agricultural products.

COMMUNITY FOOD PRESERVATION CENTERS AID IN CONSERVATION OF POULTRY AND MEAT

To save grain as well as to improve their stock, poultry and egg producers are now reducing their flocks by culling the nonlaying mature hens. These fowl will add considerably to home meals and school lunches if they are canned or frozen for future use. Homemakers and school lunch managers may want to take care of the entire quantity at one time in a community cannery, many of which are open for this purpose.

The United States Department of Agriculture food preservation specialists are available to assist community canneries and school lunchrooms give this service by expanding or improving their plant operations, in conducting workshops, or in other ways. You can reach these specialists through the Department PMA office nearest you. Offices are located at 641 Washington Street, New York 14, N. Y.; 449 West Peachtree Street NE., Atlanta 3, Ga.; 623 South Wabash Avenue, Chicago 5, Ill.; 317 Fidelity Building, Dallas 2, Tex.; and 821 Market Street, San Francisco 3, Calif.

NEWS FROM THE FIELD

IOWA.—Florence Unash, chairman of the Iowa Nutrition Committee, reports effective use of a "Talking Mirror" at the Iowa State Fair, the Iowa Dairy Cattle Congress, and the Iowa State Education Association meeting. The device consists of a large transparent mirror made by condensing chromium on the surface of glass. Those looking into the mirror see their reflections as in an ordinary mirror, but anyone behind it can see through it and see persons on the other side. Women come up to the mirror to comb their hair or put on lipstick without realizing they are being observed.

In big letters above the mirror are the words, "Let the talking mirror answer your health problems." On each side of the mirror are big placards containing questions and instructions to plug in on any question the person wants answered. The questions are numbered and the plug is inserted at the corresponding number. A light flashes at the number in front of the question and also in back of the board where the consultant is sitting. The consultant then answers the question, personalizing it to fit the questioner. If she were

overweight, for example, the answer would be modified so that it would apply to her. If she had a skin eruption, some mention would be made about the effect of diet upon the skin.

Some of the questions Miss Unash used are: "Is it necessary for all normal people to have milk every day in their diets?" "Is it necessary to have fruits and vegetables every day?" "Is nutrition part of our medical program?" "Aren't candy, cake, and pie just as good as fruit for dessert?"

Miss Unash emphasized that this device is flexible and versatile, and that the consultant can adjust her lingo as well as her subject matter to her listener.

PENNSYLVANIA.—The executive committee of the State Nutrition Council met in Harrisburg on September 25. Members reported on the current nutrition activities of the group they represented so that a total picture of nutrition education in the State was given. This summary is particularly important at this time when plans are being made to have all State and local agencies cooperate in the formation of local school health councils made mandatory at the 1947 legislative session.

The function of health councils is to make the best possible provision in each locality for correcting defects found at the regular physical and dental examinations now required in the odd-numbered grades in all public and private schools.

The following recommendations were unanimously agreed upon by the executive committee for consideration in the Council's program for 1947-48:

1. That basic nutrition information conducive to healthful living be incorporated into the curriculum for all persons seeking elementary or secondary teacher certification; further, that the school administrators include this basic nutrition information as part of the in-service education program of their schools.

2. That good food habits be developed by encouraging among children the use of more whole-grain bread, green leafy vegetables, and milk, and curtailing the overuse of sweets and unwholesome beverages.

3. That all agencies offering nutrition services strive for closer coordination and cooperation at both the State and local levels.

School-Lunch Program.—Dr. Clara M. Shryock, the outgoing chairman of the Council, has done most commendable work

during the last 5 years toward establishing a hot lunch in every school in Cambria County, where she is assistant superintendent of schools, according to Mrs. Anna de Planter Bowes, temporary chairman of the Council. During the past school year, a special nutrition demonstration in cooperation with the State Department of Health and the Ellen H. Richards Institute has been carried out in four district schools to show how the Health Education Program can produce the best possible results.

Last year 100 elementary children selected by the examining physician and dentist as having a poor nutritional rating were given numerous nutrition tests at the Ellen H. Richards Institute. Teachers and some parents were also included. The results of these tests were then interpreted to the individuals concerned by the State nutrition consultant. She suggested ways they could improve their diets through better meal planning, growing more fruits and vegetables in home gardens, and through school lunches. These individuals were tested again this September to see what improvements had been made in nutritional status, and the results are now being evaluated. This project has greatly affected the nutrition thinking of the whole community.

A special school feeding program planned by Dr. Shryock started in October. Next spring the results will be measured by retesting the children who took part.

ARIZONA.—Many members of the State Nutrition Council cooperated and participated in the first annual school lunch workshop held August 17-23 on the campus of Arizona State College at Tempe, Isabella McQuesten, chairman of the State Nutrition Council, writes. The workshop was called by the State Superintendent of Public Instruction, and Mrs. Agnes Hollingshead was in charge.

The program was so arranged that the 76 school-lunch cooks attending could submit and solve their problems. They considered such practical problems as recipes, food purchases, menus, sanitation, equipment, as well as "Cook-Home Economics Teacher Relationships" and "Ways of Tying School Lunch into the Curriculum."

Demonstrations and films were important parts of the program. Use of soya flour in baking proved a popular subject, as did the demonstration of food preservation by freezing and canning.

One afternoon the class visited a market, a gas and equipment company, and a hardware company. They also took a trip through two school lunchrooms and ate lunch at the Phoenix School Lunch Central Kitchen.

A School Lunch Handbook designed to answer the questions most frequently raised by local sponsors and school-lunch personnel has been published in loose-leaf form which will readily lend itself to continuous revision. This handbook sets up standards for lunchrooms and contains sample forms, directions for record keeping, menus, recipes, and instructions on housekeeping and equipment.

Menus are prepared a week in advance, and duplicated, with copies going to all students and classroom teachers as a basis for nutrition work. Classroom teachers are to teach correct eating habits, food selection, table manners, nutritional needs, and food values.

On March 25, 1947, the Governor approved a bill passed by the legislature authorizing the appropriation of funds for school-lunch programs.

NEW YORK CITY.—In its Back to Work issue of "Keeping Posted," the New York City Food and Nutrition Committee tells of the appointment of a subcommittee to formulate a program for future work based on the needs of New York City.

Reports from local groups indicate a wide range of activities. For example, the Brooklyn Council of Social Planning borough nutrition group is working on plans for a nutrition clinic to be started in Brooklyn. The Fort Green District Nutrition Committee reports that two 6-week cooking classes for children were held this summer under the auspices of the Brooklyn Red Cross. The Kips-Bay Yorkville District Nutrition Committee prepared for display in the Yorkville Branch of the Bank for Savings during July an exhibit of summertime meals that were easy to prepare and fun to eat. Novel ways of serving food were emphasized along with the basic message of balanced, inexpensive meals. The exhibit containing actual objects attracted more attention than those which consisted of printed matter or posters.

"Vitalizing Nutrition Teaching" is the title of an Alertness Credit Course sponsored by the Washington Heights-Riverdale district nutrition committee, for which 86 elementary teachers and allied professional workers have regis-

tered. The course will emphasize planning of nutrition units for various grade levels in accordance with the Board of Education's suggestions. By using the group method, solutions will be sought to problems submitted by the teachers themselves. They will consider methods and procedures for changing food habits by making use of the pupils' own energies and abilities. The more important audio-visual materials will be demonstrated and evaluated as to their usefulness in specific teaching situations.

UTAH.—The State Nutrition Council offered its services to the Governor of Utah in support of the Citizens Food Committee program, Chairman Phyllis Snow writes. In addition, the following activities have been undertaken:

All schools—elementary, high, and college—are coordinating their class work and activities in line with the President's request for food conservation. For example: (1) Art classes are making posters; (2) social science classes are discussing local news items and broadcasts; (3) home economics classes are planning menus which conserve scarce items; (4) school lunchrooms and cafeterias are observing meatless Tuesdays and eggless Thursdays and are omitting all high-priced items; (5) school lunchrooms are encouraging conservation of food through posters and exhibits on waste; and (6) assembly programs are stressing food conservation.

A series of 10 newspaper articles emphasizing economy, nutritional balance, and proper food preparation were published.

The Department of Health made radio broadcasts.

At the next meeting a window display project will be attempted.

Each council member will submit recipe and menu suggestions for dishes to extend or be used in place of meat. These will be compiled for publication.

Sincerely yours,

M L Wilson

M. L. Wilson, Chief,
Nutrition Programs.

W H Sebrell

W. H. Sebrell, Associate Chief,
Nutrition Programs.